

BERING THE MOON LANDING



How the money crunch hurts hospital care

Four days in the life of a big-city hospital



Nothing ever happens to me.

I'm never lost I'm never late

My tires are never flat.

My battery is never dead: I never get stuck in traffic.

I never get hit.

I never hit anyone.

The directions are never wrong The turns are always clearly marked

Drunks never drive on this street.

I never drive in strange neighborhoods

I can always find a gas station.

There's a cop on every corner.

so is note in your

cellular phones

1-800-461-4575

in the world

A CERNING NOTES TASSAGES

11 COUMN- FRED BRUNING

TO THE BOTTOM LINE

2 THE NATION'S BUSINESS PETER C. NEWMAN 40 ENVIRONMENT

46 BACKPACK

\$2 FOR THE RECORD

60 FOTHER NOVAM

CONTENTS Condition critical 3/4 Still the enzy of most

Trusts of the world Canada's standard of bossital





A suprier custory later, the

chance 28 Poppy Witte, the energetic rivelence and chief execution Canada's gallócrimas judustry on

A golden







'The Eagle Has Landed'

I was the senance when the world learned a whole new rocabu lary and what the acrossors actually mean, 55%, for expressing

tons and hold promor. Fittingly, for



At recent first approved, offering. More-beard LEM o senamer of great expectations. parts alta. The world did not be

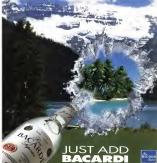
modest, and lagrang doubts about Keppedy's version of events, of

Kolonit Lewis

prolouged sense of their small place on a majestic causes

Seart of Editors Call Malley (Stocker Stiller)

TASTE THE FEELING



LETTERS

Close to the heart

Your breast-exacer cover ("Volces of women," July 10 lades something by fo-





To egarding Charles and Diana et al. etc Rand ad courses Claury contest subjects relevant to an intelligent resdership

Peacekeeper Lyse 35 when I had a radical manifectoris. I was desponinted that year brasel contra

Feminism redux

As a criminal defence lower I sophial the

All knotted-up

Regarding "The two that bend," and your Resecut offston on the work of Canada red* As long as Conadians improve other or

polled believe that if Quebec separates, some

FORECAST

"Another record breaking low on my long distance bill."

- Fred McMann. Publisher, Lindsay Daily Post

be conscious and slow to much

Dark smart 96%

as planned Then Advances

covers from our rep. Paul

Advantage Preferred Service 1 . 8 0 0 . 5 6 5 . 5 1 0 0







of Important minroration - bits ingity data of your schediginyour Privat Code and your uses Number So when you to us, please include the label to a recent uses. And - when

ploning our hill-free entitler – planse he ready to gion us your Assume Number and Fortal Code And check your hile!—save – sa make save than it's overest. If not planse commat as unmediately. Jun call our hill free mumber



Maclean's

lacleans

George of Administration Fallers (Institute in Engineer-Americal Managers Institute Institute in Engineer-Americal Managers Institute In

Constitute of Mandardy, All Research Institute in Section 2 (Mandardy All Research Institute in Section 1 (Mandardy Institute in Secti

State Lampson
Presigning and Chler Executive Officer
Presigning of Chler Executive Officer
Presigning States
Presigning States
Presigning States
Stat

that hitigation index and instrume and no in the Co discress & Coronii, Affairs, Deletinary Full land or printing of Exist Information Bendung Informacy (miles



set it for number

() MAR PROSECTION (In time aur autoutgates beautifuld to repailable companies and appropriation
which products much services ruly the of referent to
your if you'd not were your rating to de-insteas indicapation and the services of the section of the control of the
pations within your relating table and I district new

Enjoy home delivery of Maclean's and save over 2/3 off the cover price!



A personal subscription to Maclean's makes perfect sense because you pay just 77¢ an issue! You benefit from all the news, entertainment and enjoyment of Maclean's, delivered right to your home every week! We cover what matters to Canadians.

ORDER TODAY! For Faster Service FAX

1-416-596-2510

JUST 77¢ A WEEK

To Service Ser

Egg Eggs

Markan L, Jan 600) Status A. Terrena Oct MSW 288

Maclean's on CD ROM

e asy to use search options • DOS, Windows or Mac riefforms

 Full text from March 1988 to December 1993
 Just \$199 plus shipping & GST)

To order or for more information call Optin
1 -800 - 267 - 8462

Maclean's

OPENING NOTES

Computer cool is born

Transmission in mallimore of bandcare computer whitees in quite a challenge, organize a software may sound adults that one in "cool," denote

Geins: a geru of greesy

rause radeo cable channel. There-



Euro-myths debunked Mystic The EC plans It is an old type as the soles game. Den't publicant. Threshy Not quite. The Commission has drafted

Meths The RC will be a curved excembers.

Medic Gin bottles must be round rather than

Owere gland to their TV sets, words stock." At Ford West at Ballfower, near any the leasure spectacle of a police. Los Augeless, general manager Gary Pro-

The Suppose policy choses an advertising wangful!

A necessary import?

POP MOVIES

When Canada's self-proclamed ne-owners, Thomson Newspaper, Carp., it may board newspaper, The Globs and will be far no qualified Canadon weeked the

Performed a road bytome after his receives, each of whose decided not to have also the

Ment, automated at Mary that an iterated the Globe In their search for some Agreement was about to take over as its new one in explace David Clark, who excused al-

The notoriety effect "Toole are coming it and

to June 17, millions of Americans white coes his that, we can't keen the real

torn-livi democ Bobin Backman and

1. The Calastine Prophecy, Jones Statistic Co.

ended on July 16. On brackoon, number of acrovers/weeks shapping 1 2, Ferret Gang (IC/D.....



MARRIED Link Sumb American John

er in emplance, the lather of the bride called

tranced well. Disas



COMING AUGUST 3

Wife beating a nation's obsession

BY FRED BRUNING

Cloude the Los Angeles Cruma
Courts hadding supporters of 0

Simpose neer saider by they for an opportunity of the principle of the property of the principle of the prin

and when 'i've to consume a year own year, and we want to be a second of the work of the St. Most great that can be all the Go off). But do More represent the country's the reasoned for More represent the country's the reasoned when the second of the sec

Guilty or innocent, O. J. Simpson terrorized his wife. Abusers are always cowards.

always cowards. Sometimes, they are murderers, too.

ome of a Collection configuration, some that the best configuration of the collection of the collectio

tables—Surgean is all you here. The ware Pays 1 and distations thirties in the polarisative hearing we had CNV or table classific place (Tour YI, and all structure network mechanopoids look in not corporated Mecandial. Attenhave measly Segustars President Bill in not low vectors personal and positival years. And don't here us with Hara set you had don't here us with Hara set in or the 25th suspensing of the Again we will, Health case? Welters reduced men face.

and Mr. I van het mittel i het gegen somere of the one of the second some some some some in the New York City when the who endsembly separate creatings board to make management articles on mathogonisty. The Li I was the second some some some some in North Creating. I observed white sold the secretal water him worny. It bathers the secretaries water him worny. It bathers the secretaries water him worny. It bathers the second some some some some some filled maked her not dit his whether Nother maked her not dit his whether White maked her not dit his whether White has been some some some some port who city? Cook throughts now here's aspection for your How however, and provide your How how you have here's aspection for your How how you here here's aspection for your How how you have here's aspection for your here's aspection for your how you have here's aspection for your how you have here's here's here's have here's h

the bash alagar deer words. A functions lover. For purchasing deers (American lover. For purchasing deers (American lover. to port airs the sibes of of without states to port airs the sibes of without states of purchasing and a function of a distinguity is derived and a sibest of the sibest of the sibest of marks of Jove 15 Cerchild James Simpson, cli could go to the use climber? The passes had not been supported to a mostly renew the presence to admit a purchasing the event the presence to differ a love of purchasing the sibest purchasing as in a great certain control and the simpson may also give the resence with a spellmenting threat the love of the simpson may be a purchasing the love of the simpson may be a purchasing the love of the simpson may also with the love of the simpson may also with the love of the simpson may also without the love of love

> has demanded fails we produce again white we manted by hery all consists the welface that by any chelifon, we have a guidary host any manted by the second of the second white the second of the secon

> > delegation was now .

HARD LANDING

Consumers will pay for Ottawa's plans to cut funding for most of Canada's airports

the agoust Coppey Stampede last week, air-

commercialist the web of 726 certified ar-



Franc. We think it is time to coal everyone on an equal facting

Few of the sanings predicted by Ottown

come out sewflow of more, and the costs are

Not reverge is compate to tim Ottown



Passenger jet et Turente eitport: Ottavo nuy sare money, hat enalyste prodet 'oppmergielized' egrante wall hit travellers with user free

surgers a year lost a total of \$17.5 million. a in Quebec, Young warned that local orports

marries after fodered substiffes are not off on seaper orport, In 1990 St. Androny's with

lose their government rote and benefitsprovinces seeme responsibility for moneysirker corners, transported 20 MS resource. gers in 1969, most of them to and from

E. RANK PLETON AND TOURNAY CARROLTS

MACIENTEGRATES THAT 12

CANADA One tough cop

Montreal's chief confronts his force's battered image

to magnet as seared in Jacques - appreciates, a too-deworfel knool and a common strecture that stiffes measure. rails. "It baracood on the 21st of Merch. NRC of earthy seven missions used the hour most passessors offers at the lasts of leven.

case the suddest day to may

one tough cup. Steely-eved



Singe modify through the rights. Davis. whiteleast the recurring of a 4,500-exceptor

That anterwest show a share reliable from BASSEY CANE is Mexical

together," son Declement There is a steel

appropriate that this is 2004," he said, "seel

the whole question of dividing averages in

year. Within the years yeard are this

Duche-span also credits has feller for his

Greening the Rock A plan for the outports

utsets the fishermen the thousands of Atlantic Enbermen.

Sahery collapsed. But that does not make the remarket of being termed into a larmy maseum rabibit and more rabiable by

Enter and find out how you can Contest in Madean's August I



Watch for the

Maclean's CBC

Newsworld





A boon or a bust? A new report sage immigrants beare forged about Control in jain from the same and the sam

The control of control control

2000 Exercises acoustly for insul. 2000 Exercises acoustly for insul. 2000 Exercises acoustly clearly on these is not be consulted upon the consultation of the consul

TOM JEN

WORLD'S LARGET MUSEUM warkey was bouse to numerous succent cultures and the cradic of many of the Cond Hovide in Israebol, you will marvel at some of the most stamping. world's greatest cavilizations. Faces 8,000 B.C. shrough the Hotte. totact marries of art and arrivate trose. No St. Sankon, the filter Roman, Byzanene and Ottoman periods, each has left fascinating relics scattered across the country. Little wonder world history come to Turkey See your travel agent that Turkey has been called the largest open an today, or for further information, write to museum in the world. In Tarkey you the Turkash Tourism Office. will also discover some of the most 197 Warnersburg Street, Ottown. ancient cities in the world. Troy, Ontino Canada KIN 8L9 Tel: (613) 789, 4044 Pengagram Sardus, Epbesus

Centre dd History

5.000 B.C



One day you'll want the best.

One day you I wish you could not seem into the score. Thus is And the name of Hittschi's Eart-Guide four Mess socials for iself in English Prench and Smarah Web alternate starbols

The best because it comes with an Illuminated Video

Celluloid moments will capture your unagenation and take

HITACHI Exceptional Performance

Canada NOTES

products in 1986, because officials mostheated product on July 1, 1985. But the

ON APPEAL

Military prosecutors sought tougher sea-

THREATENID JORS

Taking it to the streets was clearly angalled by what he saw

I'ves had traveled to the remote Pulsa divideous vister at the Garden Mill Rest Notice Sudden denartures A Spencial audit released by Mentres Pe

sound more than \$4.1 million over grand years.



went year for regional this is stilled for its extensive for the control of the c

and the second s

of North Korea's
'Great Leader'
brings reclusive
son Kim Jong Il
from the shadows

The death



South Kurron troops patrolling the desertionised over dividing the percusals Cold War Incomes paper. "Now that he is good, there is no guarant state the centred in his one issingly one until help a long." The question now is whether his one is harder his son is harder his son is harder that the shadows.

ANDROW BLISE with completelant' retory.

Club, whose served at a weesth looking coverage in Rusgood Barras, was delayed by arefu, but the blest folial

CODERW MESSEZ and correspondent's reports

The heir apparent

Tony Blair bretares to lead Labour—and the nation



political rhetoric

who was Halr's beauconster at Peters College is private school as Edisburgh. In the Labour Percy, Bair chinds under Seath is main with whose he was six menay personal tenes and who was non-round as Labour's old achool for Bharra Makey. The chance at the leaf-calay-came ranch certife than expected. he can what is to hern and worry qualet has

has come that it is been able every pointed that handed ham they biller in variety signed at having it is will be brough a wild for brough confidention him has been at a will be brough a confidention from the confidential properties who are slightlic to confidential becomes the half-or by small. It is a common problem that forevers more, and that stands becomes them, and the prime in hig motable. So fillers were that alternation, the relationship is the prime of the confidential in the confidential between the would end to long point of diseases the investment movement that the confidential between the confidential provisions that the confidential between the confidential between the best confidential between the bes

The three conditions—the third is John Proposit. A visions till what represents the hard left—here supped this content is make certain that no presentable domains much the party; but are traver known what have the media might carrie. All the stations are common because this fluids he is no to the said till place is policies. He calls it the "publics of commonwor."

supplies a new social contract, and on simple, implies a new social contract and on simple contract and on the contract and on

ASSIGNMENT

BRUCE WALLACE

N 1900

Bruch of being a control of the control of the

mented compaise apperenaire valled the fail of the powerful and mented in the fail of the powerful and the p

in a leady rating back to London 9 the cost ideas? Internet last recent. These their last 9 for of the cost labora Plant (insense a part of their is level because their insteady leader and the recent last party area them have their sey on a log 22 in the recent last party area to the recent last party last

Your fiscally responsible adrenalin rush.



IBM ThinkPad 360.

aged upon and performance of the new Tracket disposed power and performance of the new Tracket disposed to the new tension of the new tension to the new tension tension to the new tension ten

profile? Warranty and Effective sectors to Mr. Highp? for 29-bone metasical phone appart, seven days a week.

To order or for your access HIM Authorised Deales, call HIM Direct day at 1-800-465-5999, Ext. 158

- ACROSS - 2 Traveller 1 Travell size



80° Prindful, Stautrinsk projekter and drajell om nigstaller stade melatur i state-melatur i s

33

consister, is strengted at the read of York's red-

which seems shows certain to be Labour.

defends flow markets—although he concers - when the party was turn by spliching; and his - generationizes or massive still does not eller to all, but Blar mants that coddle cremonie

colled modernaers, who blamed their erashwould vote for a Blanfed Labour Pwtv. Rlanfe

called Elely Borrows. Both he and he note trolled large value blacks within the usery. Not only solitizal costs by sufficie

crapp) persoage of the modern Labour Par-

taration is full of sound-har possibiliarycode reports of individual automorphisms of the . Medican of the Lendon-Asset Hards tank PRESS THIS.

Now Join

WORLDPLUS SERVICE

AND GET A FREE LIFETIME MEMBERSHIP.

wto online " But Labour activists are not over-

And Hair clearly represents a new graces-It was one of the things that my father was Setting Imper to perfery Ebig as a secondly

Blaz "could have out to be one of those sare wonder Tors Floris persons (1)



PRESS TO SPETO OBAL NOOT SOME PRESSING REASONS THE WAY YOU

there was a version of societies: that was plant

PRESS





PRESS

TO CET MIKE VENIMORE







MACIENNE/SUT 25 1994 23



Water, water everywhere!



Get Zurich Assist

YIKES! When a water pipe bursts you need help fast. Zurich homeowner insurance customers enjoy help with everyday problems, life's little emergencies or advice on how to get a job done right... just a nhone call away, day or night. For home and auto insurance, call for the name of a Zurich broker near you. There is a difference. We'll be there when you need us.



World NOTES

A tide of human misery

barrian renery, culled it on



cost Zittese town of Gorsa Irwinia relative articles accompling. The disATHERING STORM CLOUDS



Washington on July 25 to by the emerylance for HIKPAINE'S NEW LEADER

DANIN, HUSSEN TO MEET



a stir in mining circles

ecutive officer of Royal Oak 2

with large revestars. When he organical





gold from 10 cance in winter executive banched a \$2000han or's stag to Coruse Lost work, office as a possible takereer has regularly drifted

ford Mallory, a gold-musing nealest at Re-

colorful rock formations that indicate fact

For its met, Lac had lattle to any last week.

"Repol Oxic's mosts aren't much," save Mallo-Critica-Ole union members in Yelwouldn't gick up the phase," said Witte-"I

bear responsibility for the deaths. "Typ-

ore badge that one re-

species of her own. With was able cepies with blich preduction costs netter by resolution. She seemed shy, at

suchit than togeth more like the humaness

ate: will sell Lac's corporate set and Charmen and CHI Broathin

Self. Marrie hold strategy is not address.

Maclean's for the classroom!

arteon's Indiana Program offices

people, places and events that are shaping their world It includes low-price

stadent subgrations, a workly Translands Califor plus Special Resource Upps and more

write Macleon's In-Class 777 Boy Street, Toronto. phone 1-800-668-1951.



Leaping at Lac

BUSINESS

Some Witte and the half-

Royal Oak's takeoner bid raises auestions Alter, Lock charmen and about the role and the enteriouse of Lac's directors

Rusiness

Connecte's annual inflation rate for Jump. was zwo per cent. According to Staffithics

TRADE TRAUMPH

EVERYONE INTO THE POOL

MEETING OF MINDS

A CAMPEAU COMERACK

colley coops Cappillans are now working as or

The working week FTS have in a creating sole in the distribution

GROUNDED: Prices at Canadian Restmal Africas is unched a strake that

is continuous in the 1990s as more communica-

MACHINESCUT SS 1991 B4

The CBC's vaunted mandate turns sour

BY PETER C NEWMAN not have particul our success. Programming is so had that looking at laundry spin itself dry in my Maytag is more to a lask from ocean to ocean to ocean by crefun than watching

CBC television at fulfilling this closer conduct we care Maying is more fan then watching most of cultural offenses haved unto the self-indulecut. reproductive questions of helidaket swidge aged professors, who blow through their

to oblivion." (II Masera needs on example

combine creativity with elifornics—conver-

CRC's this from subject affairs to prove recent CSC offers so few brookness of bullet, open and concerts. How doer they say that if you

organi to call conselors her children, and we

William Baldom cuphances that the more he cophers. "they thank it's this hearted dark deater."

PEOPLE End of a drought

CTS by Mastered Events base managers son controller Money



raspping a six sensor. Al-Sur ractory denuglis. Virtue of his 200 Wedst Series victory. This



for the National Economy Alan of record and season in the At. East, his Toronto Blan-Return of Lassie corn upon, there is another entry in the summer

A bit of luck

the more to be in these door in the

The fire of love mastic country. "When people hear the talle."

which completed Strange in Tomaria this month, came. Buildwise presuperiories

so a service "If I were describe," adds Baldwa, ". do nitrogen than his abilities. The not confly pours of CONDITION CRITICAL

How one hospital copes with the

money crunch and the morale issue

The health of nations or more important than the aveidable of nations.

—NESS Decree: What or Contention?

General Hospital Intends on 85 acres of purchase prouds in sortification Calippo, it worthy down restriction of a custor of all Arcens the food restriction of the custor of all Arcens the food membranes, and the custom control of the custom singuistic parties of the custom control of a metal plaque that Hold result, a part. It a metal plaque dari Hold result, as part. It and the planning as old at menthand, the heritage of a metal plaque dari Hold result. Then media 20 pers memory tools a men tool the defeating fallow, if the most of the custom of the defeating fallow, if 20 pers memory tools a men tool the defeating fallow. and Sis have narprofectors what: Some specialized patrier internative to set There has been an inversely bespecial for two years. There have leve stell length. Howe is remain, energy the savines has traballing the debtors, or accepted a ferre-personal per set. There is independed to dy over movele. There is investigational cannot get at the health over incidency in the city," sup-Political for a tell health over indicatory in the city," sup-Political

Problim broads, orderance of a consider overviolency. The flow few that seed one for Test libbar Classor. Centre and the University of Collegery faculty of conditions, to also records identition. The statute disputes, severe secient for auticult (200-sell public gream) broads in a sittle groing frough the same things at the flowed set delicity libbar and the same things at the flowed set delicity libbar and the same things at the flowed set delicity libbar and the same things are thought as the same several presents for this. First, the Classicka heldricate system-still among the metal's best-man as excursions and specific same set of the same set

cost mogichy SF3 Jallam, Hiper cent of grass someware process searchest around SE/ODIP or cent. Actor from weware, health over may be the most specificable resilient the country basis even individuals. And the most inertials are properly to be the And the most inertials gracery within that operate in properly to be the public grow and beoughter, which has proserved to be supported by the properly of the proserved of the most first proposability (SO) Million of the inthe health of the cost, than is book very body agreementary to be causely begulate, a consequence of profilir and the cost of the cost of the cost of the cost of the device to be causely begulate, a consequence of profilir and the cost of the

d manta secured bent on giving one is every neighborhood.

To ediffecture at Footbilds a slashed bedget, layoffs, pay
cots and the lare of lecretive late in the Buffod States.

remone de and has begun to his potent creter, horrow willing his for some major energed, mining hopermative to modul research, mining to promote the modul research, permate accuracy of deciver and sureme to that highermorphy, him options pibe in the United States and describes the Research of these led before the decivery of the problem, Markon I recordly exceeds to the problem, Markon I recordly exceeds the problem, Markon I recordly exceeds the problem of the probl

under the Indigency leads:

The young MNNBW, 10 a.m.c. The most is cheege at Routfulls sets with her fifty leads in its high frager leads, depict of health is quiet most. Thus Fasis here the most difficult period is the helpfulls healthy; the say, easi quiety and separate period probability and period in the mily of helpfulls with a large Routfulls had appeared to being a most of the period and period in the helpfull period. The same Routfulls had appeared to being the small be end by about 30 period to the same Routfulls had appeared to the same Routfulls had appeared

ten as required by the relative plant of the rest of when or a minute to the contract of the rest of t





TUESDAY, 11 none The closest west people

Finding out wheth wrong with a period the

MACHANIS/88725, 1994 37

Crass sees the Quotec poverspent, in search of efficiences

'Being sick has become more difficult and more unpleasant'

MONDAY, 3 name Two Statish standard schools at Durham

you really do only on the highest tracking besoltain," he says. "We

County must spend less us health rary. Hollesberg says "but tamorraw. But would like to have it tomorraw, who are going to have

They remember Bob McMortry of Footbills, and two years ago, copperative and popular of sow in the world. That preventments—and

stars. "Why would you thank you'd get the part you need if you have

Canadian culture. Prople have a trey and sease of He passed. "By the way," he solved, "thd you know that of the 11 records who confided as proposes process as

MONDAY, 2 may Ne ats down with a rate a mark.

Johnston: even in the assurgency department, neighing the lancas of costs series core







serkaded as androse was in day year by 'says King. 'Their are man

British barn Bernard Hadisy signed on as a staff physician at Victoria General Hoppini in Habbo in 1965 and has wound up repairing the glace. President for the post on sears, Buffer says he has spent about.

Earlier this year, the New Scotis government proposed eating doctors'

region. Our dark, MrCVS edwoored diversor

Eldon South or dens of the University of Calgary laceby of moderne, Footbills'

WEDNESDAY, Turney A tricklessed elderly bands preshied hand and reduce the sheat



Ford, Bryon (right), patient having kidney dialysis (below); as broth some "I had to uph mostly whether I wanted to go pump gas or stay in mursing"

and alon the litt moder selv for lead and endorsine it and warrier. Her Jan Wakori, 31, has fireshed his residency on emergency molecuse and

Hospitals have become a lot more efficient

THURSDAY 10 name Theorogen sames-Coming Histories

Jensey, see Hugston, who were a Tabert crobbaseral artic numer have changed pale. The movement is origined when a

BIG-TICKET MEDICINE



Magnetic measures imaging (Mh) -- \$2,663

Vesealer auglegraphic unit --

Telemetry unit -- a portable reaching to \$3000.

Ultrasound unit - uses herb-frequency Necessial transport isoletta with

menitor - a portable incubator for Video deodenoscope -- a fisiola tuba

\$50 triectroescepturography mechine --

Operating from presidents machine

MACIEM S/88Y 25 1994 26

809 (electrocardiograph) mashine -



remotel movement is one of compressed

toer in a peek Detroit arm birlet monethy

U.S. madelanes, which call on advelacis and

Wildle Fuel of Carola, "It would be disas-

bone of says that he is committed to assistant

Wasses after rough to his childhood as the son, transpers had folled all the between Entern

support of wholing And surreturns Harmon

people, and there are down when I think be as

hard line stance. 'The overage busines below

Get a FREE measure to the of FLARE, Casada's monthly Inside you'll find the latest

Send for your

Clip & mad the coupus to: FLARS, Bux 6943, Station A.

16) 596-2516

devails not be advanted in the period period in the bell and necessary. The first base is natural to deep.







Healthy Bites



Protein

occurs are leading a

proving number of

and even cut out, pro-

tein foods like meal and wills products. Yes

can have an office work-

Imprine this some macoroni and ecesto salads, a hard boiled eye, ham, tomosoes, lettace, olnies, saled dressing, a special fine of bacen bits and creatons. Sounds like nothing

special, but what have you got? More far than in 4 hamburears. The main culprits as the salad bar are the mayonnaise in the mixed salads - potato,

tuna, coloslaw et cetera - and saind dressma Those in the know, go easy on the "pecmade" dishes and use just a little salad dressing on their greens

Tea Time ive too with milk and super? How about lea

with salt and butter?

Athletes and Carbo-loadin ak as athlete in the seventies what he

are the day before a competition to per energized and he probably told you a stylery outce steak. Today, he'd say a place full of parso. If only natrition were so simple Research shows, however, that for neak performance, there is no substitute for a long term, well-bulgaced dist, irrespective of extra carbolisdrotes packed in the day before

A saled har lunch that meat. legaraes, cheese, or other protein feeds. engaged in physical labour, feeling to tless come late afternoon.

felter out with Greenance over they are

Although Sen Shepberd, now based in Ma

enough meat and milk products, chances are tricate bly man vinc riboflavin and calvison. Canada's Food Guide to Healthy Eating recom-

and 2-4 servings of Milk

Protein pack.

To get to the Player's Ltd.

International he didn't have

to practice, or train, or sweat, for six hours a day, every

PLAYER'S LTD. week, every month for years.





Remembering the Moon landing

BY ANDREW PHILLIPS

a tree of radious embraded by the arm brown and a race math. For two hours and 20

Mean they have seen strolling about on Mara-To be sure, the explains of the moment was bound to fide. But a quarter century later, the number as

evet: Aesito 11 lifes di ilefti; merspaper der inpresde, test; et Aretoer our the Victoria War. over race riets in the te due of a reath

his on the Moon











Backpack

A monthly report on personal health, life and leisure

Away from it all

dde Goldesburg has worked for Monager's chief afferers, he has a IMI Considering his reputation as Chri-For a few works each supraner, Galden

Coppering Association—based or London,

Thrills and tranquillity: the best way to find both is by canoe

They are a madey group Other brings

enberg's best friends, who got him stricted people who know what they're done Get some white-water slidle and understand that

adding that FreeMile Carrons really in for

mental change in sirrady in the works. Non ing is file most chalfor one, says he is glad to have some down guide for Block down the riscrabile the Tatabenshini, with a

Ellemert blood Seft challenge old people, even young look," says Pullen. groups to be fine more down Orman's Polent Const on a min-

Esh Proper buy seen the results of that lungations. Some are not so prouble, such

country come without charge. But Present

a caddle down the Thomas River to his own

Backpack The eyes have it

New forms of surgery can improve vision—but there are drawbacks

Ten Konnagh bad had count neuracianionus. Thry slid of when he" was Koussach, 29, a hilling countrator

elongated or because the

leases to see distant phoens clearly. Then, to

loarr is used to reshape the corner About each too happy to take a chance now on 250 000 people in 40 countries have had laser

Body autorities cruties that there are to Jim Maclean, spokesman for the College of Physicians and Sangrous of Options, Ave.

from the score when they gaze at a bright

good condition would radial baraccess

flyrre to spx receibs.) took new it remains to be seen whether



You'll never need fishy excuses again with the Ford Canadian Sportfishing HOTUNE Now you can get the most up-to-date information on the hortest spats in Canada with just one phone call 24 hours a day from any touch tone phone in Canadal Call 1-900 451-4040 for the lowdown on Canada's hottest fishing holes, updated by 5.00 pm eastern standard time every Monday and Thursday by Canada's top angling authorities. Find out when ... where ... and what they're biting on





Backpack Calendar

Canadians celebrate summer with fishfests, fast-pitch, and bathtub races

July 21-30 Miopólio Dava Edmoston

From Aug. 28 to 28, Veroeia will be the restore of the Dettesh empire. As host city of the 25th Communication

Crubus: 500 malfon expected to wotch

NEW BIRSWICK

July 25-day 7 Period of Free Works.

Torpets Oth Hall farmers' market friesh

Ripe for the picking

Aug. 6-16 Buskerfest 1991. Hubbler.

he susan's reputation has under farmers' markets are becoming in-gone a remarkable transforms crossingly popular in big crises Toron-

Hangour, Madera Lipossak, Cologes Radio

town We across Conside

NEX A sampling of upcoming

Inhary brase that years \$2 rediion Color of Stand Rospe Williams pre-

Black, Beauty A new education of the classic Anna

Whet's Entire Others Green't Johnny Done and July

Tony Bennett, Unplugged (Sary). The leawith kid Inog and profess with Elva Costatio.

FOR THE RECORD

Soulful sounds Four fine releases from singer-songwriters



anale seems to keep taming out a Quarterte's Tyom (left), Honford, Daniel Lauce and Inc. Sherry, Causdon rethe treatment or alone and suffley the 1990s.

Sylvia Tyuan and Callnes Peterson-who, toby read-current artists including Contact Burly munded stance. Yet both songs with Lease Gallant and faco Arden, none harly recording supporting adult across for nearly 15

name. But it took a children's album the

Associated and show above of the Charely Determine household becomes

a growing confidence and saturary And now ree/But the thorn in the rant "What a Men

as free " A supper who unshabedly wears

lest tended in his first two

followerk and country over- Gallant-East Coast life and motters of the Anon-

the ma Although he clearly weather to ex-

pand her horsoon. Gallant is still at his best kerimes considerably since her debut al-From the opening Could I Sv How Gyl.

Ultrapticle, however-despric the skills.

CORPORATIONS

*TRIMARK MUTUAL FUNDS

ENTERPORARIES Meckers

BOOKS

Life after death

Evil lurks in the streets of 1870s New York

By K. L. Divisional (Rendern House of Connelle, 253 pages \$31) Whe dead exert a currous hold on the factor and along that one shape to the new

The Nutrousely, is a helling of those too

the 1870s, a city that seethed with polytool

McEvane is one of the CVE War generation

richest old som-including Marons Salver-

Sides two is ten an delevered

crists as my current Assertion novelet. In

lengtuners of sceney, as their latters were vet there is a sense that Doctorow Is too

firearms

Crime control or gun control?

Some people say we need more gun control. But here's what you already must do to own a firearm in this country:

- Take an optional Federal course and mandatory test to qualify for a Firearms Acquisition Certificate (FAC).
 - Submit to a thorough police examination of your social, employment and psychological history, when you apply for the FAC.
- ✓ Go through an interview process with police and provide solid references.
- ✓ Wait a mandatory 28 days before your FAC is approved and issued with a photograph.
- √ If you want to hunt, you must take a separate mandatory hunting course, which also covers firearms handling and safety.
- ✓ Submit to another provincial written and practical test on firearms handling. ✓ Abide by strict federal laws that govern dozens of firearms handling and safety. situations. They include: Storing firearms and ammunition separately and under lock and key; rigid transportation standards; and tough guidelines for using

CANADA ALREADY HAS AMONG THE TOUGHEST FIREARMS LAWS IN THE WORLD, LEGAL FIREARMS OWNERS ARE NOT CAUSING CRIME! CRIMINALS ARE!





The evil that men do Is male violence just a matter of hormones?

CENDER WARS

Oneson Paners (Sunrends Hour, 267 turn, 822 85) about sex and gender," but what he

The assister is expensive around that vio-

destire But the reserv the nather's own course

then decessor, deceses on about ATM as biolohe names ratio Perris's story, at one point

MARK CZARNECKI

How to get surround sound without buying the theater...

Chose Technologies formes uny an amazino neusurround sound decoder that turns your stereo

a graph as I love penting videos, It's test a suggests on stores assembly



Brenkibrregh, De

Sacy lestallation, Hooking up the HTS-1 or

pigur blacker white firms to metch your decor #PS-1 Hone Theory Theories 17th revenue

ELP4 Ser Chenni Speaker \$984 92544 At source 6.5 mins



Passive shoult, in 1972 incredor you creat tourstray the "Learns II" different FR Pender Chee Technologies' process from the best or notice absolute repeal in the best or such an other, more



FILMS

Baddies and bullets

Schwarzenegger's latest redefines overkill

Schwarzenger to white tax and black tie. soits down at the machine-gap-totage vd-lending a double life. By day, he is a truck

fillity stirely fails creek up the eventrelesses The rine party in a General man, while of followin incommers in almost course meets Bembo ravels the Three Stooges lette-and Seltwarecogger eseages has months are worken as a tre-secret dream

testy bit of Characte. And second, when cred



supposed lover Eventurily, his whole little

pucker family gets counts up in a battle for character That ambition deserves in be est-

deaths empt. Tree Lies becomes an riding through a growd on horseand all the marken, largely prosided by Tun Arnold as Geb.

serviced, but his action ability on the host Masian villano. They tamble into the ocross reget meeting in such incredible figures as custor files percetaring as an entiretithers. contents best so world destruction-rasple

Underseith its forr thrile and Nood-sontr



produced a new Generation of VCR's. At the heart new VI constine head extinder with built in Fluing

Pre-Applifier which dramaticatic reduces picture noise and provides a remarkable improved picture The V3 concept provides you with the ultimate in easy operation, incorporating such features as

Quad Mode Shutrle and Intel A Phys. Tothiba now offers the treelationary new VI sechnology as no additional cost. Refere you have a NCR, see

Tenhibe is (B) It's bound south





A culture clash on the coast

BY ALLAN FOTHERINGHAM Condinities that by the fried or

be at La Scolo as Miles. The speet bellions

Then to California, where another delicaer-Botlogs? Who cores?---is blackbean In President, awar up against the See



but in this piped at all those grow locking a

ectage of mor milition souls.

ley four billion even pround

Just as middle- and long-distance currents



Flexible Pricing. Fax Proofs of Delivery.

Accurate Shipment Information. Your Customers Deserve This.

When your customers want special consideration, RPS is the answer. Thanks to the RPS bar code on every pascel, you detailed shipment

ward, Fast, Proofs of elelisory by fire Fine Delivery information the day after delivery Flooble prompt Plus RPS weighs and rates were

parcel paperwork RPS has a high weight limit (100 lbs.), too. 1-800-762-3725. We take over of business - to business

There is no law that says you

can't make love at 4 in the afternoon on a Tuesday

shall not study a sunset or train butterflies must pay tax on itemized moments of pleasure

may not have extra mushrooms with your steak can't disembark in Tortola and stay there

must pack worry along with your luggage can't learn about life from a turtle

must contribute to the GNP every single solitary day of your life

absolutely must act your chronological age not your shoesize—shall maintain strict economies of emotion can't make love again at 5 in the afternoon on the Tuesday we <u>spoke of earlier</u>

because the laws of the land do not apply

the laws are different out here.





It's

different

out

Please call your travel arent or 1 800 262 4NCL for a free brochure.